



Self Honouring Supportive Habit Ideas

What might be a couple (1-4 to start) self honouring, supportive daily/weekly habits for you to consistently incorporate into your life that would significantly change how you feel, operate and your level of your personal satisfaction and success? Repetition is key to learning. How great will it be when you get to the place where your success habits operate on you like brushing your teeth-you just do it! That is where you can get to but the journey of a thousand miles does start with the first step.

Put them into your habit checklist, read it each am and start planning your day to make them happen. A nice little reward can be a good incentive to get you going. I.e. after 10 visits to the gym, a new outfit, or 6 days of healthy eating-day 7 is anything goes.

“We are what we repeatedly do. Excellence therefore is not an act, but a habit.” Aristotle

Pick and choose the ones that speak to you, serve your evolution at this stage in your life. Basically use your items to move you forward in any area you wish to improve. Like an athlete who focuses in on their measurable training results. Shift your relationship with yourself, your work, personal life, friendships, ability to keep promises, money and health. Start small with 1-4 habits that you want to bring greater consciousness to. Make sure to choose fun ones too. And, if you find yourself wanting to incorporate them but it's not working, look to the Yoga Success Strategies example for inspiration, consider choosing different ones, or working with a coach to help get you into the swing with your new habit(s).

The basics of enough sleep, quality food, exercise and pleasure are key life ingredients to consider.

These are random Ideas-there are no right or wrong ones to choose. Take ideas from here or make up your own in your own words. Flex those change muscles! Remember -You must be willing to do differently, to have differently!

8 glasses water	Documented receipts-spending
Walk	Purged –cleaned-organized something-decluttered
Meditate	1 in 2 out-clothing
Positive self talk-mantras-affirmations	Stopped to smell the roses
Pleasure read	Completed something-gift of completion-celebrated it
Dance	Fixed something (a drain-toleration)
Inspirational reading	Enjoyed 20 min of sunshine
# of fruits & veggies-monitor	Home by 5:30pm
1 hr of TV limit	At work by 10am (helpful for self employed to have guidelines)
Up at 6am	Laughed, had fun (might brainstorm a fun list)
Bed by 10pm	Listened to great music
8 hrs sleep	Asked for help
30 min exercise	Vulnerable-showed my true feelings, less than perfect side of me
Quiet time for me-30 min	On time vs. rushed or late
Packed lunch	Soak in a bath-relaxed
Try new recipe	Moved 1% in the direction of my dreams/goals
Vitamins	Called back-followed up, prospected with clients
Sit ups on commercials	Nightly journal-feel goods from the day
Creativity expressed (photography)	Food journal-honest about how much and what-reflect
Tried something new	Fresh flowers in the house
Got out in Nature	Made fun/social plans for the weekend
Left kitchen/desk clean & tidy	Enjoyed the fireplace
7pm wind down-no work or computer	Paid bills on time
Replied to all emails, voicemails	Moisturize
Recognized /Thanked a staff member	Said Yes to me, No to others-despite potentially disappointing them
Walked to work	Took care/made a dent in a drain-toleration
Took time to enjoy my food-conscious eating	Caught my limiting belief-re thought it-worded it to open me to life
Ate only until I was full	Burned candles-created a nice ambiance
Dressed nicely-wore something different-accessorized	Put love into my house-home space-made it feel good
Spoke my spouses love language (5 Languages of Love- book)	Complimented someone
General money smarts	Act of kindness
Asked for a discount-saved money	Reviewed my goals
Listened to my body-gave it what it wanted-food, rest, massage	Weight check in
Took care of my plants	Researched pricing
Resisted unnecessary spending	

Said what I really wanted to say
Read the paper
Participated in community event
Extended myself
In touch with a friend/family member-pictures, B Days,
Anniversaries
Hugged myself
Legs nicely shaven

Handled my top priority for the day
Welcomed-embraced change
Initiated a conversation I wanted to have (vs. waiting for them to)
Kept my word, promises
Made time to listen to someone
Let go of perfection-satisfaction of in progress or done.
Threw a dart-took a chance, took a risk-got out of comfort zone
Got to know someone better-had a meaningful conversation